

Brain Wave State Diagram

| Brain Wave Frequency/Level | | Mental Characteristics | Physical Characteristics | Synchronization Effect | Ego State | Method of Regulation | Direction | |
|-------------------------------------|-----|----------------------------|-------------------------------------|---|--|---|-------------------|---|
| Gamma Γ 30 - 150 cps | 120 | 'Flow State' | Energized, Fluid, Graceful | Re-synchronized neural functions. All CNS neurons are oscillating at the same frequency with the same Gamma rhythm. | Ego Synchronized Environment/Unc | Environmental/ Sensory Feedback- Instantaneous Processing Speed 10-20 milliseconds | ← Unification | Gamma ← |
| | 115 | One-pointed concentration | Enjoyment, Bliss, increased stamina | | | | | |
| | 110 | Focused | Increased coordination | | | | | |
| | 105 | Increasing Focus | Increased fluidity | | | | | |
| Beta B 13 - 30 cycles per second | 100 | Anxiety | Extreme Tension, Uptight, Nervous | Alpha-blocking and Desynchronization of neural functions. The brain is processing external information, and each functional sub-unit [Broca's Area, Wernicke's Area, Visual Cortex, Motor Cortex, etc.] is operating independently. Psychoanalytic methods are the premier methods for Self-Regulation. | Ego and Unconscious Active Unconscious Associations Self-Analysis is the method of self-regulation | Verbal, Symbolic, Abstract, unconscious Feedback Regulation Through Speech [Plans] and Unconscious Communication Patterns Psychoanalysis is the primary means of Self-Regulation | → Coordination | Grounding/Centering A to F Shortcut Bypassing B |
| | 95 | Excitement, Frustration | High Metabolic Behavior | | | | | |
| | 90 | Aware of all senses | Hands Moist and Clammy | | | | | |
| | 85 | Very Alert | Accelerated Work Ability | | | | | |
| | 80 | Actively Aware | Hyperactive | | | | | |
| | 75 | Active Thought Patterns | High Degree of Stamina | | | | | |
| | 70 | Comfortably Alert | Comfortable Active State | | | | | |
| | 65 | Consciously Aware | Good Observation State | | | | | |
| | 60 | Normal Thought Patterns | Physically At Rest | | | | | |
| | 55 | Easy Thoughts | Beginning to Relax | | | | | |
| | 50 | Less Active Thoughts | Increased Composure | | | | | |
| | | | | | | | | |
| Alpha A 8 - 12 cps | 45 | Pre-Drowsiness | Releasing All Body Feelings | Synchronized neural functions. All CNS neurons are oscillating at the same frequency with the same Alpha rhythm. | Ego Regressed Unconscious Receptive | Eidetic Feedback Regulation Through Imagery [Goals/Tasks], Concentration and P-P Coherence | → Synchronization | Alpha |
| | 40 | Increased 'Suggestibility' | Passive Awareness | | | | | |
| | 35 | Passive Awareness | Numb, Quiet | | | | | |
| | 30 | Total Sensory Withdrawal | Deep Relaxation | | | | | |
| | 25 | Low Alpha State | Complete Passivity | | | | | |
| Theta Θ 4 - 7 cps | 20 | Drowsiness | Unaware | Desynchronization as various functional subunits go offline. Hippocampus very active – PGO spikes. | Ego Regressed Unconscious Passive | Limbic Feedback Regulation Through Spontaneous Dreaming and Directed Dreaming | → Detachment | Res Cogitans [Ontology] |
| | 15 | Beginning Unconsciousness | Unaware | | | | | |
| | 10 | Unconsciousness | Unconscious | | | | | |
| Delta Δ .05 - 3 cps | 5 | Deep Sleep State | Deep Sleep State | Non-Synchronization as neocortex rests during slow-wave sleep cycle. | Ego Regressed Unc Inactive | Neuro-Somatic Feedback - Hormonal Regulation | → | |
| | 0 | Baseline | Baseline | | | | | |

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